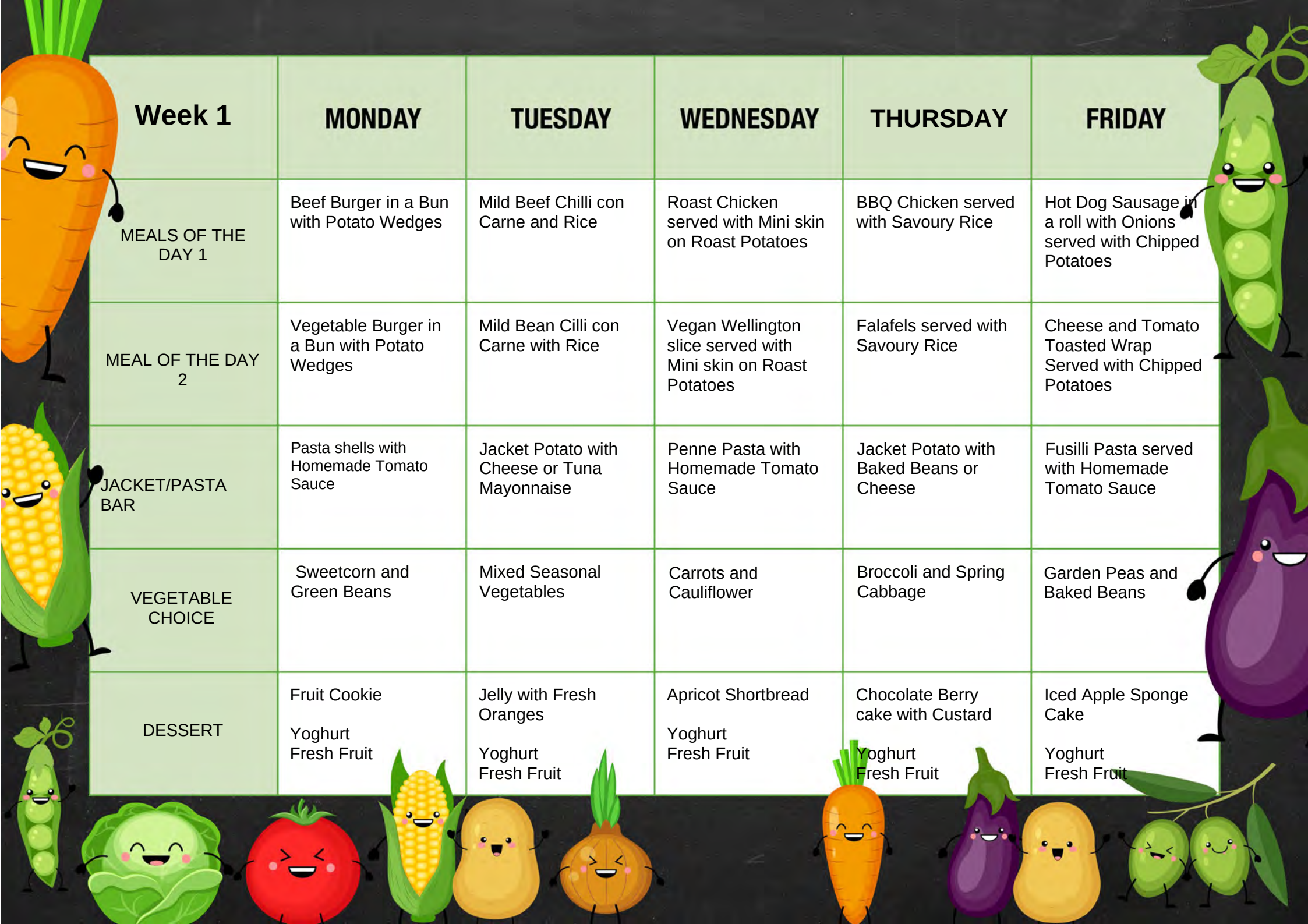
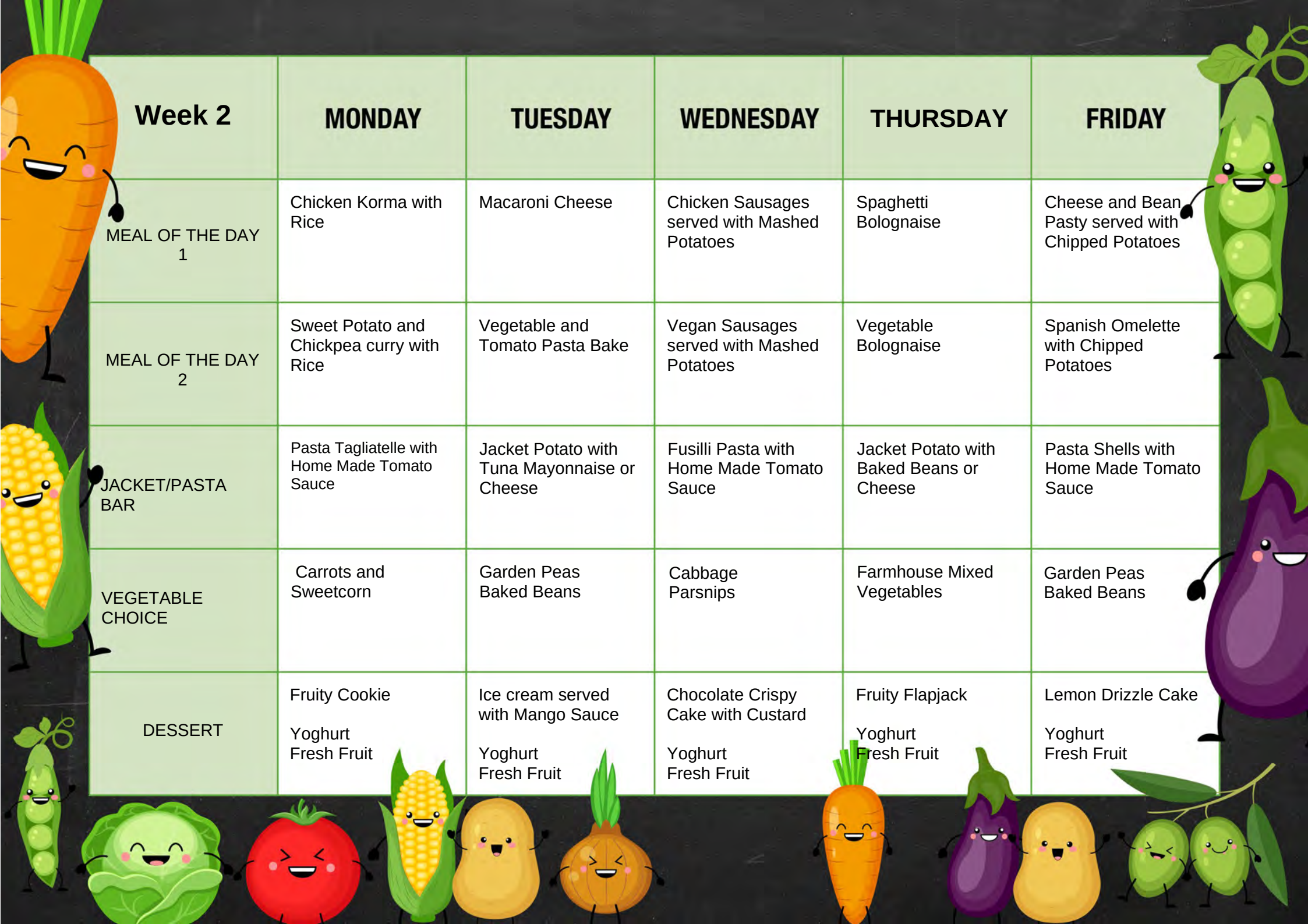
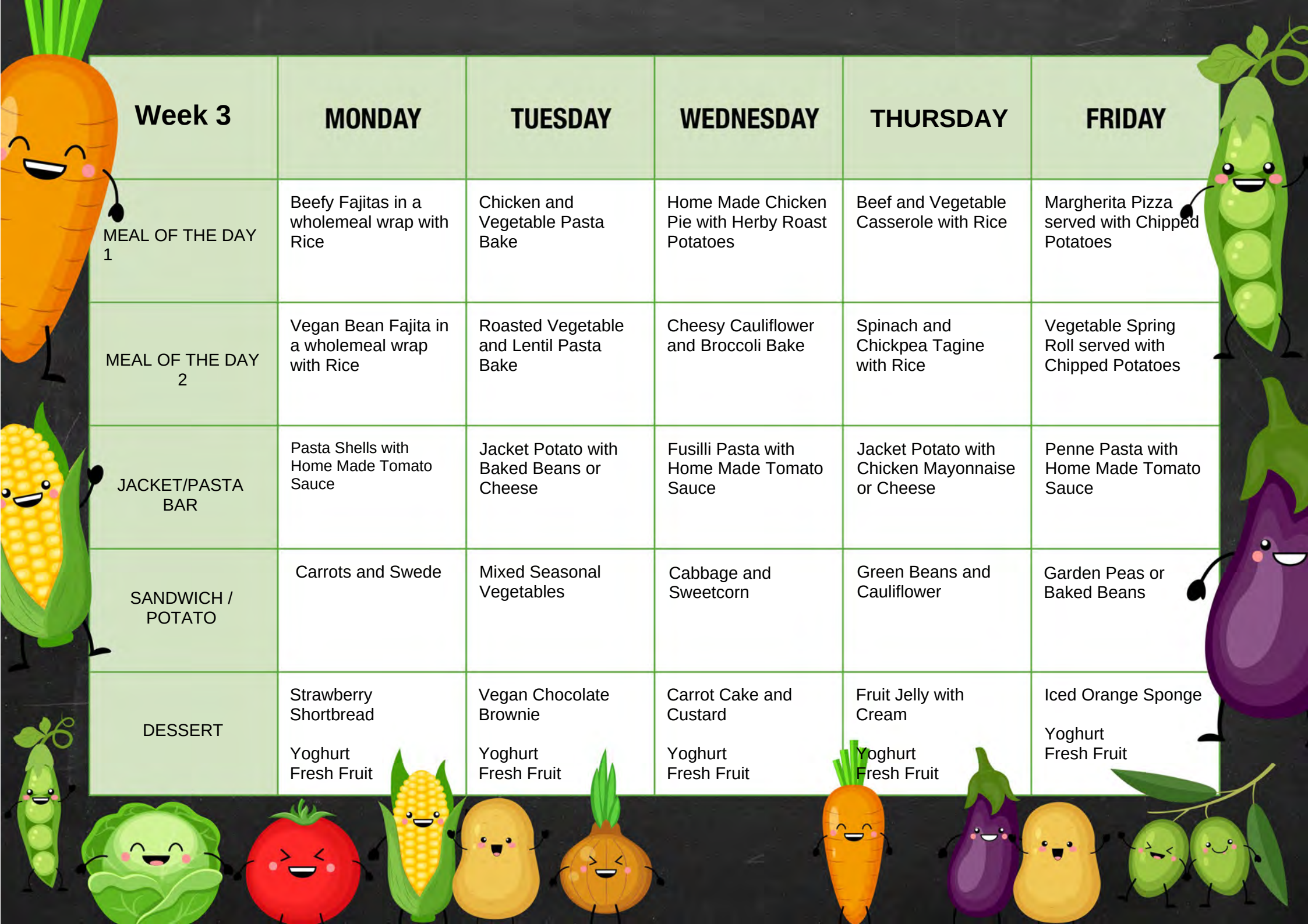




| Week 1             | MONDAY                                       | TUESDAY                                            | WEDNESDAY                                                      | THURSDAY                                                    | FRIDAY                                                             |
|--------------------|----------------------------------------------|----------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------|
| MEALS OF THE DAY 1 | Beef Burger in a Bun with Potato Wedges      | Mild Beef Chilli con Carne and Rice                | Roast Chicken served with Mini skin on Roast Potatoes          | BBQ Chicken served with Savoury Rice                        | Hot Dog Sausage in a roll with Onions served with Chipped Potatoes |
| MEAL OF THE DAY 2  | Vegetable Burger in a Bun with Potato Wedges | Mild Bean Cilli con Carne with Rice                | Vegan Wellington slice served with Mini skin on Roast Potatoes | Falafels served with Savoury Rice                           | Cheese and Tomato Toasted Wrap Served with Chipped Potatoes        |
| JACKET/PASTA BAR   | Pasta shells with Homemade Tomato Sauce      | Jacket Potato with Cheese or Tuna Mayonnaise       | Penne Pasta with Homemade Tomato Sauce                         | Jacket Potato with Baked Beans or Cheese                    | Fusilli Pasta served with Homemade Tomato Sauce                    |
| VEGETABLE CHOICE   | Sweetcorn and Green Beans                    | Mixed Seasonal Vegetables                          | Carrots and Cauliflower                                        | Broccoli and Spring Cabbage                                 | Garden Peas and Baked Beans                                        |
| DESSERT            | Fruit Cookie<br>Yoghurt<br>Fresh Fruit       | Jelly with Fresh Oranges<br>Yoghurt<br>Fresh Fruit | Apricot Shortbread<br>Yoghurt<br>Fresh Fruit                   | Chocolate Berry cake with Custard<br>Yoghurt<br>Fresh Fruit | Iced Apple Sponge Cake<br>Yoghurt<br>Fresh Fruit                   |



| Week 2               | MONDAY                                        | TUESDAY                                                     | WEDNESDAY                                                    | THURSDAY                                  | FRIDAY                                             |
|----------------------|-----------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------|----------------------------------------------------|
| MEAL OF THE DAY<br>1 | Chicken Korma with Rice                       | Macaroni Cheese                                             | Chicken Sausages served with Mashed Potatoes                 | Spaghetti Bolognaise                      | Cheese and Bean Pasty served with Chipped Potatoes |
| MEAL OF THE DAY<br>2 | Sweet Potato and Chickpea curry with Rice     | Vegetable and Tomato Pasta Bake                             | Vegan Sausages served with Mashed Potatoes                   | Vegetable Bolognaise                      | Spanish Omelette with Chipped Potatoes             |
| JACKET/PASTA BAR     | Pasta Tagliatelle with Home Made Tomato Sauce | Jacket Potato with Tuna Mayonnaise or Cheese                | Fusilli Pasta with Home Made Tomato Sauce                    | Jacket Potato with Baked Beans or Cheese  | Pasta Shells with Home Made Tomato Sauce           |
| VEGETABLE CHOICE     | Carrots and Sweetcorn                         | Garden Peas Baked Beans                                     | Cabbage Parsnips                                             | Farmhouse Mixed Vegetables                | Garden Peas Baked Beans                            |
| DESSERT              | Fruity Cookie<br>Yoghurt<br>Fresh Fruit       | Ice cream served with Mango Sauce<br>Yoghurt<br>Fresh Fruit | Chocolate Crispy Cake with Custard<br>Yoghurt<br>Fresh Fruit | Fruity Flapjack<br>Yoghurt<br>Fresh Fruit | Lemon Drizzle Cake<br>Yoghurt<br>Fresh Fruit       |



| Week 3               | MONDAY                                              | TUESDAY                                               | WEDNESDAY                                             | THURSDAY                                             | FRIDAY                                             |
|----------------------|-----------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|
| MEAL OF THE DAY<br>1 | Beefy Fajitas in a wholemeal wrap with Rice         | Chicken and Vegetable Pasta Bake                      | Home Made Chicken Pie with Herby Roast Potatoes       | Beef and Vegetable Casserole with Rice               | Margherita Pizza served with Chipped Potatoes      |
| MEAL OF THE DAY<br>2 | Vegan Bean Fajita in a wholemeal wrap with Rice     | Roasted Vegetable and Lentil Pasta Bake               | Cheesy Cauliflower and Broccoli Bake                  | Spinach and Chickpea Tagine with Rice                | Vegetable Spring Roll served with Chipped Potatoes |
| JACKET/PASTA<br>BAR  | Pasta Shells with Home Made Tomato Sauce            | Jacket Potato with Baked Beans or Cheese              | Fusilli Pasta with Home Made Tomato Sauce             | Jacket Potato with Chicken Mayonnaise or Cheese      | Penne Pasta with Home Made Tomato Sauce            |
| SANDWICH /<br>POTATO | Carrots and Swede                                   | Mixed Seasonal Vegetables                             | Cabbage and Sweetcorn                                 | Green Beans and Cauliflower                          | Garden Peas or Baked Beans                         |
| DESSERT              | Strawberry Shortbread<br><br>Yoghurt<br>Fresh Fruit | Vegan Chocolate Brownie<br><br>Yoghurt<br>Fresh Fruit | Carrot Cake and Custard<br><br>Yoghurt<br>Fresh Fruit | Fruit Jelly with Cream<br><br>Yoghurt<br>Fresh Fruit | Iced Orange Sponge<br><br>Yoghurt<br>Fresh Fruit   |